

2024年6月·第1套 英语四级阅读理解（四选一） 第1篇·46–50 题答案与解析

QUESTIONS & ANALYSIS • 阅读理解题和解析

阅读理解题和解析·46–50 题

本页 46–50 题的答案与逐题解析由懒笔记基于2024年6月·第1套 英语四级阅读理解（四选一）原卷逐题核对整理。与试卷排版同一卷面：先是 Directions 与 6 段原文（段首标 P1–P6 段号、逐段附中文翻译）；之后 5 道题逐题排列，每题英文题干与选项后紧接本题解析——题干与选项中译、答案、题型判定、题干拆句、定位句中英对照与逐选项对错归因。

真题卷第1套(2024-06) • 英语四级

Part III Section C (1)

Directions: There are 2 passages in this section. Each passage is followed by some questions or unfinished statements. For each of them there are four choices marked A), B), C) and D). You should decide on the best choice and mark the corresponding letter on **Answer Sheet 2** with a single line through the centre.

Passage One

Questions 46 to 50 are based on the following passage.

P1 Lao Zi once said, "Care about what other people think and you will always be their prisoner."
老子曾说过："在意他人的看法,你就永远是他们的囚徒。"

P2 People-pleasing, or seeking self-worth through others' approval, is unproductive and an exhausting way to go through life. Why do we allow what others think of us to have so much power over how we feel about ourselves? If it's true that you can't please all people all of the time, wouldn't it make sense to stop trying?

讨好他人,或通过他人的认可来寻求自我价值,是低效的,也是一种令人精疲力竭的生活方式。为什么我们要让他人对我们的看法对我们的自我感觉拥有如此大的影响力?如果你不可能在所有时候取悦所有人是真的,那么停止尝试难道不是更合理吗?

P3 Unfortunately, sense often isn't driving our behavior. For social beings who desire love and belonging, wanting to be liked, and caring about the effect we have on others, is healthy and allows us to make connections. However, where we get into trouble is when our self-worth is dependent upon whether we win someone's approval or not.

不幸的是,理性往往并不能驱动我们的行为。对于渴望爱与归属感的社会性生物来说,想要被喜欢,以及在意我们对他人产生的影响,是健康的,并使我们能够建立联系。然而,当我们的自我价值取决于我们是否赢得某人的认可时,我们就陷入了困境。

P4 This need to be liked can be traced back to when we were children and were completely dependent on others to take care of us: Small children are not just learning how to walk and communicate, they are also trying to learn how the world works. We learn about who we are and what is expected of us based on interactions with others, so, to a four-year-old, if Mommy or Daddy doesn't like him or her, there is the danger that they will abandon them. We need to understand that when we desperately want someone to approve of us, it's being driven by that little kid part of us that is still terrified of abandonment.

这种需要被喜欢的需求可以追溯到我们还是孩子的时候,那时我们完全依赖他人来照顾我们:年幼的孩子不仅在学习如何走路和交流,他们也在试图学习这个世界是如何运作的。我们通过与他人的互动来了解自己是誰以及别人对我们的期望,所以,对一个四岁的孩子来说,如果妈妈或爸爸不喜欢他或她,就存在他们会抛弃自己的危险。我们需要明白,当我们迫切希望某人认可我们时,驱动这种渴望的是我们内心那个仍然害怕被抛弃的孩子的部分。

P5 As you become more capable of providing yourself with the approval you seek, your need for external validation will start to vanish, leaving you stronger, more confident, and yes, happier in your life. Imagine how much time we lose each moment we restrain our authentic selves in an effort to be liked.

当你变得更有能力为自己提供你所寻求的认可时,你对外部认可的需求将开始消失,让你在生活中变得更强大、更自信,是的,也更快乐。想象一下,我们为了被喜欢而克制真实的自己,每时每刻浪费了多少时间。

P6 If we base our worth on the opinions of others, we cheat ourselves of the power to shape our experiences and embrace life not only for others but also for ourselves, because ultimately, there is no difference. So embrace the cliché(老话) and love yourself as it's highly doubtful that you'll regret it. 如果我们将自己的价值建立在他人的看法之上,我们就剥夺了自己塑造经历和拥抱生活的力量,不仅为了他人,也为了我们自己,因为归根结底,两者并无区别。所以拥抱这句老话,爱你自己,因为你极不可能为此后悔。

题目与逐题解析

46. What can we conclude from Lao Zi's quotation?

- A) We should see through other people's attempt to make a prisoner of us.
- B) We can never really please other people even if we try as hard as we can.
- C) We can never be truly free if taking to heart others' opinion of us.
- D) We should care about other people's view as much as they care about our own.

我们能从老子的引文中得出什么结论?

- A) 我们应该看穿他人试图囚禁我们的企图。 B) 即使我们竭尽全力,也永远无法真正取悦他人。
- C) 如果我们把他人对我们的看法放在心上,就永远无法获得真正的自由。
- D) 我们应该像他人关心我们的看法一样关心他人的看法。

【答案】 C (推断题)

【判型】 题干What can we conclude from Lao Zi's quotation?含conclude, 要求由引语推出结论, 而非复述字面。

【拆句】 题干What can we conclude from Lao Zi's quotation?是常规 wh- 疑问句，主干为 What can we conclude, from 介词短语修饰 conclude，结构平直，无陷阱。

【定位】 Lao Zi once said, "Care about what other people think and you will always be their prisoner."
老子曾说：在意别人怎么想，你就会永远做他们的囚徒。

【选项】 A) **把比喻当字面属偷换概念**

see through other people's attempt to make a prisoner of us把 prisoner 当成真有人想囚禁我们，原文是比喻、不是有人主动加害。

B) **张冠李戴**

We can never really please other people even if we try as hard as we can.说的是讨好不可能成功，这是If it's true that you can't please all people all of the time的内容，不是P1老子那句引语的结论。

C) **✓ 正确**

Care about what other people think ↔ **taking to heart others' opinion of us**

you will always be their prisoner ↔ **can never be truly free**

We can never be truly free if taking to heart others' opinion of us.同时覆盖了原文 if-then 链条的两端，是定位句的完整同义改写。

D) **无中生有**

as much as they care about our own提出一种对等关心的主张，但P1引语只说在意他人会失自由，根本未涉及对方是否在意我们。

47. What will happen if we base our self-worth on other people's approval?

- A) Our desire to be loved will be fulfilled.
- B) Our life will be unfruitful and exhausting.
- C) Our identity as social beings will be affected.
- D) Our sense of self will be sharpened and enhanced.

如果我们将自我价值建立在他人的认可之上,会发生什么?

- A) 我们被爱的渴望将得到满足。 B) 我们的生活将变得毫无成果且令人疲惫。
- C) 我们作为社会存在的身份将受到影响。 D) 我们的自我意识将被强化和增强。

【答案】 **B** (细节题)

【判型】 题干What will happen if we base our self-worth on other people's approval?问的是一种行为的直接后果，答案应来自原文对应描述句的客观转述。

【拆句】 题干What will happen if we base our self-worth on other people's approval?是 if 引导条件状语从句的疑问句，主干 What will happen, base A on B 是固定搭配，意为以B为基础。

【定位】 People-pleasing, or seeking self-worth through others' approval, is unproductive and an exhausting way to go through life.

讨好他人，或者说通过他人的认可来寻求自我价值，是一种无成效且令人疲惫的活法。

【选项】 A) 与原文相反

原文将该行为定性为 unproductive、exhausting, 选项 Our desire to be loved will be fulfilled. 却说愿望被满足, 与原文极性相反。

B) ✓ 正确

unproductive ↔ **unfruitful**

an exhausting way to go through life ↔ **exhausting**

Our life will be unfruitful and exhausting. 同时覆盖了原文两个评价形容词 unproductive 与 exhausting, 正合预判。

C) 无中生有

For social beings who desire love and belonging 是描述人之常情, 原文并未说 social beings 这一身份会因 people-pleasing 而被影响。

D) 与原文相反

where we get into trouble is when our self-worth is dependent upon whether we win someone's approval or not 说明此举使自我陷入麻烦, Our sense of self will be sharpened and enhanced. 却说自我被强化, 正好相反。

48. What may account for our need to be liked or approved of?

- A) Our desperate longing for interactions with others.
- B) Our understanding of the workings of the world.
- C) Our knowledge about the pain of abandonment.
- D) Our early childhood fear of being deserted.

什么可以解释我们需要被喜欢或认可?

- A) 我们对与他人互动的强烈渴望。
- B) 我们对世界运作方式的理解。
- C) 我们对被抛弃之痛的认知。
- D) 我们早期童年时对被遗弃的恐惧。

【答案】 D (细节题)

【判型】 题干 What may account for our need to be liked or approved of? 问一种心理需求的成因, 原文若给出明确解释句, 答案即其同义改写。

【拆句】 题干 What may account for our need to be liked or approved of? 主语是 What, 谓语 may account for, 宾语为 our need to be liked or approved of。be liked 与 be approved of 是两个并列被动不定式, approved of 中 of 不可省, 因 approve of 是固定及物动词短语。

【定位】 This need to be liked can be traced back to when we were children and were completely dependent on others to take care of us... We need to understand that when we desperately want someone to approve of us, it's being driven by that little kid part of us that is still terrified of abandonment.

这种想被喜欢的需求可以追溯到我们还是孩子、完全依赖他人照料的时候.....我们要明白, 当我们极度渴望得到他人认可时, 背后真正驱动的, 是那个仍然害怕被遗弃的小小孩子。

【选项】 A) 偷换概念

We learn about who we are and what is expected of us based on interactions with others里 interactions 是孩子学习自我的途径，不是渴望被喜欢的成因。

B) 偷换概念

they are also trying to learn how the world works说孩子在学习世界运转方式，这是孩子在做的事，不是想被喜欢的成因。

C) 偷换概念

knowledge about the pain of abandonment说我们已经知道被遗弃的痛苦；原文实际说的是儿童害怕被遗弃 still terrified of abandonment，是恐惧而非已掌握的知识。

D) ✓ 正确

when we were children ↔ early childhood

terrified of abandonment ↔ fear of being deserted

Our early childhood fear of being deserted.同时锁住了童年这个时间端与害怕被遗弃这个情感端，与原文因果链根源端完全对应。

49. What can we do when we become better able to provide ourselves with the desired approval?

- A) Enjoy a happier life.
- B) Exercise self-restraint.
- C) Receive more external validation.
- D) Strengthen our power of imagination.

当我们更有能力为自己提供所渴望的认可时,我们能做什么?

A) 享受更幸福的生活。 B) 实行自我克制。 C) 获得更多外部认可。 D) 增强我们的想象力。

【答案】 A (细节题)

【判型】 题干What can we do when we become better able to provide ourselves with the desired approval?问的是某条件下发生的事/可获得的结果，属直接的客观陈述。

【拆句】 题干What can we do when we become better able to provide ourselves with the desired approval?主句是 What can we do, when 引导时间状语从句。从句主干 we become...able to..., better 修饰形容词 able。provide sb. with sth. 是固定搭配，意为给...提供...。

【定位】 As you become more capable of providing yourself with the approval you seek, your need for external validation will start to vanish, leaving you stronger, more confident, and yes, happier in your life.

当你越来越能给自己所寻求的认可时，你对外部认可的需要会开始消退，让你变得更强大、更自信、并且——是的——在生活中更幸福。

【选项】 A) ✓ 正确

happier in your life ↔ **happier life**

Enjoy a happier life.精准对应三个并列结果中的最后一项 happier in your life, 且最直白、无歧义。

B) 与原文相反

原文we restrain our authentic selves是把克制真实自我描述为浪费时间的行为, 不是该条件下我们应做的事; Exercise self-restraint.反而把原文要批判的行为当成了结果。

C) 与原文相反

your need for external validation will start to vanish明确说对外部认可的需求会消退, Receive more external validation.却说获得更多, 方向相反。

D) 偷换概念

Imagine how much time we lose...是作者修辞性祈使, 引导读者去想象浪费的时间, 并不是说我们会去强化想象力。

50. What does the author advise us to do in the last paragraph?

A) Embrace life for ourselves and for others.

B) Base our worth on others' opinions.

C) See our experiences as assets.

D) Love ourselves as we are.

作者在最后一段建议我们做什么?

A) 为自己和他人拥抱生活。 B) 将我们的价值建立在他人的看法之上。 C) 将我们的经历视为财富。

D) 爱现在的自己。

【答案】 D (细节题)

【判型】 题干What does the author advise us to do in the last paragraph?限定段落+问具体建议, 按位置直接精读末段祈使句即可。

【拆句】 题干What does the author advise us to do in the last paragraph?是 wh- 疑问句, 主干 What does the author advise us to do, advise sb. to do sth. 是固定搭配, in the last paragraph 是地点状语限定范围。

【定位】 So embrace the cliché(老话) and love yourself as it's highly doubtful that you'll regret it.
所以拥抱这句老话——爱自己吧, 你几乎不可能后悔。

【选项】 A) 偷换概念

embrace life not only for others but also for ourselves说不仅为他人也为自己拥抱生活，是过渡论述，不是末段 So 之后给出的最终建议；选项 Embrace life for ourselves and for others. 把它包装成建议，越权代替了真正的祈使句。

B) 与原文相反

If we base our worth on the opinions of others, we cheat ourselves of the power to shape our experiences明确指出以他人评价为基础是自我欺骗，作者反对这一做法，Base our worth on others' opinions. 反而把它当建议。

C) 无中生有

原文 the power to shape our experiences 说的是塑造自身体验的力量，不是把体验视为财富。See our experiences as assets. 借 experiences 一词制造表层相似，实则原文从未把它定义为 assets。

D) ✓ 正确

love yourself ↔ Love ourselves as we are

Love ourselves as we are. 忠实保留了原文祈使动作 love+反身代词的结构，是末段建议的直译版。

SENTENCE INSIGHTS • 句子精讲

9 句真题句逐层精讲

下列真题句各有独立的句子解析页——中文翻译、结构树逐层拆解、成分与时态、考点讲解与真题高频词。点击句子进入完整解析。

People-pleasing, or seeking self-worth through others' approval, is unproductive and an exhausting way to go through life.

第2段，第1句

本句成分划分训练价值中等偏上。主语较长且包含并列的动名词结构和插入性解释，能让学生练习识别复杂主语边界；表语部分包含形容词和名词短语的并列，且名词短语中有后置定语（不定式），能训练学生识别并列表语和后置修饰成分，覆盖了主语、谓语、表语、定语等多种成分

If it's true that you can't please all people all of the time, wouldn't it make sense to stop trying?

第2段，第3句

本句成分丰富且包含多个训练重点:主句中形式主语 "it" 与真正主语不定式短语的对应、疑问句倒装后的成分位置;条件状语从句中形式主语 "it" 与主语从句的嵌套关系、系表结构;主语从句中情态动词谓语、宾语和时间状语的识别。这些结构覆盖了主谓表、主谓宾、形式主语、状语从句、主语从句等多种成分类型和易错点,作为成分划分练习句收益很高

However, where we get into trouble is when our self-worth is dependent upon whether we win someone's approval or not.

第3段，第3句

本句成分丰富且层次分明:涵盖主语从句、表语从句、宾语从句三种名词性从句,展示了从句作核心成分的典型用法;同时包含系表结构、be dependent upon 固定搭配、whether 引导的选择性从句等多个值得练习的知识点。句子结构清晰,各成分边界明确,非常适合作为划分练习材料,帮助学生理解从句如何充当句子成分以及如何识别嵌套层级。

We need to understand that when we desperately want someone to approve of us, it's being driven by that little kid part of us that is still terrified of abandonment.

第4段，第3句

句中涵盖主语、谓语、宾语、宾语补足语、状语、定语从句等多种成分,尤其 "want someone to approve of us" 中的宾语补足语、"by that little kid part of us" 中的状语、以及关系代词 that 在定语从句中充当主语,都是易错的典型考点,训练价值高。

As you become more capable of providing yourself with the approval you seek, your need for external validation will start to vanish, leaving you stronger, more confident, and yes, happier in your life.

第5段，第1句

本句成分丰富,覆盖主语、谓语、表语、宾语、定语、状语等多种成分。主句中 "will start to vanish" 的谓语结构可以训练识别动词短语; "leaving you stronger, more confident, and yes, happier" 的现在分词短语作结果状语,可以训练非谓语动词的用法;状语从句中的表语 "more capable of providing yourself with the approval you seek" 结构复杂,适合训练系表结构和后置修饰。定语从句 "you seek" 关系代词省略,是常见易错点。整体而言是一个成分种类多样、具有较高练习价值的句子。

If we base our worth on the opinions of others, we cheat ourselves of the power to shape our experiences and embrace life not only for others but also for ourselves, because ultimately, there is no difference.

第6段，第1句

"条件状语从句 + 主句 + 原因状语从句"的三段式结构是四六级和考研阅读中的高频句式，主句的双宾语和不定式定语也是常考点，具有很强的代表性和复用价值。

We can never be truly free if taking to heart others' opinion of us.

第46题，C

句子覆盖主谓表结构、情态动词谓语、条件状语从句、省略现象等多种成分和结构，且从句中的省略和固定搭配"take to heart"是常见易错点，适合作为成分划分和省略识别的练习材料。

What may account for our need to be liked or approved of?

第48题 题干

特殊疑问句加情态动词的结构在四六级和考研阅读中经常出现，宾语带不定式后置定语也是常见搭配，学习者掌握后可迁移到大量类似句式，具有较高的典型性和复用价值。

See our experiences as assets.

第50题，C

祈使句是四六级和考研阅读中常见的句式，尤其在建议类、说明类文本中高频出现。"see...as..."结构也是典型的宾补句型，掌握后可迁移到 regard...as、consider...as 等同类表达。具有较强的代表性。

HIGH-FREQUENCY • 真题高频词

本篇出现的 41 个英语四级真题高频词

下列单词既在本篇真题中出现，又是**英语四级**历年真题的高频词（在该考试真题中出现的句子数均不少于8）。每个词标注本篇出现次数与该考试真题句频，点击可查看该词的释义、音标、词形与真题例句。

approval A2

n. 赞成

本篇5次 · 真题 14 句

base A2

n. 基础

本篇4次 · 真题 95 句

power A2

n. 权力

本篇3次 · 真题 59 句

desire B2

n. 愿望

本篇3次 · 真题 52 句

opinion A2

n. 观点

本篇3次 · 真题 29 句

embrace B2

v. 拥抱

本篇3次 · 真题 11 句

seek B1

v. 寻找

本篇2次 · 真题 56 句

interaction B2

n. 相互作用

本篇2次 · 真题 40 句

being B1

n. 存在

本篇2次 · 真题 29 句

self B1

n. 自我

本篇2次 · 真题 28 句

approve B1

v. 批准, 认可 (正式同意)

本篇2次 · 真题 12 句

dependent B2

adj. 依靠的

本篇2次 · 真题 11 句

would A1

aux. (will 的过去式) 将要, 会

本篇1次 · 真题 466 句

author A2

n. 作者

本篇1次 · 真题 244 句

effect A2

n. 影响

本篇1次 · 真题 156 句

affect B1

v. 影响

本篇1次 · 真题 113 句

behavior B1

n. 行为

本篇1次·真题 92 句

view A2

n. 观点, 看法

本篇1次·真题 85 句

account A2

n. 账户

本篇1次·真题 61 句

connection B1

n. 联系

本篇1次·真题 61 句

working A2

adj. 有工作的

本篇1次·真题 39 句

enhance B2

v. 提高

本篇1次·真题 37 句

conclude B2

v. 断定;推断出

本篇1次·真题 36 句

completely B1

adv. 完全地

本篇1次·真题 34 句

childhood A2

n. 童年

本篇1次·真题 30 句

highly B1

adv. 非常

本篇1次·真题 28 句

understanding B1

n. 理解;领悟

本篇1次·真题 28 句

pain A2

n. 疼痛

本篇1次·真题 25 句

attempt B1

v. 试图

本篇1次·真题 24 句

strengthen B2

v. 加强

本篇1次·真题 24 句

ultimately B2

adv. 最终;终归

本篇1次·真题 23 句

capable B1

adj. 有能力的

本篇1次·真题 20 句

unfortunately B1

adv. 不幸地

本篇1次 · 真题 20 句

truly B1

adv. 真正地

本篇1次 · 真题 19 句

identity B2

n. 身份

本篇1次 · 真题 18 句

abandon B2

v. 离弃

本篇1次 · 真题 16 句

imagination B1

n. 想象力

本篇1次 · 真题 13 句

trace B2

v. 追踪, 查找

本篇1次 · 真题 13 句

fulfill B2

v. 履行、执行 (承诺、义务、职责等)

本篇1次 · 真题 10 句

asset B2

n. 资产

本篇1次 · 真题 9 句

authentic B2

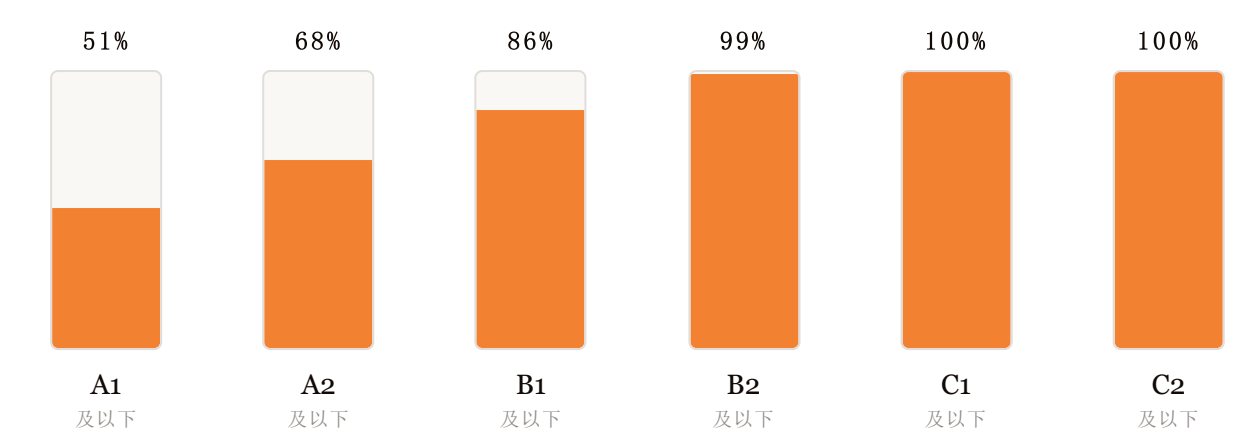
adj. 真实的

本篇1次 · 真题 8 句

VOCABULARY · 词汇难度分布

全文 172 词按 CEFR 难度累积覆盖

全文去重后共 **172** 个单词，按欧框 CEFR 等级统计。每根柱表示「该等级及以下」的累积占比 (CDF)，最右一柱为 100%。B2 以上 (C1/C2) 为高阶词，本篇共 2 个 · 约 1%。



每柱为「按 CEFR 等级及以下」的累积覆盖率 (CDF) · 数据为全文去重词 172 个 · 末柱为 100%



英语四级 2024年6月·第1套 · 全卷构成

Part I	写作	题目解析 →
Part II	听力	题目解析 →
Part III Section A	完形填空（选词填空）	题目解析 →
Part III Section B	长篇阅读（信息匹配）	题目解析 →
Part III Section C (1)	阅读理解（四选一）	本题
Part III Section C (2)	阅读理解（四选一）	题目解析 →
Part IV	汉译英（段落翻译）	题目解析 →